

## Air Orthotics -- Frequently Asked Questions

### 1) What shoe sizes do the Air Orthotics fit?

DR-HO'S Air Orthotics come in two versions (men's and women's) that can be trimmed and customized to your specific shoe size using the 'Measure & Trim Chart'. The only difference between the two is that the women's version is slimmer, while the men's version is made to fit wider feet. However, it is recommended that women with shoe sizes greater than 9.5 purchase the men's version for better comfort.

### 2) How are the Air Orthotics different from custom and gel orthotics?

DR-HO'S Air Orthotics are unique in that they are embedded with 110 pressure-sensitive air pumps that mold to the shape of your feet, absorb shockwaves and promotes air flow to keep your feet dry and odor-free. The Air Orthotics also feature a shock-absorbing heel plate to help reduce the impact caused during heel strike. DR-HO'S Air Orthotics are the only shoe insoles that harness air pumps to support the foot and help provide foot, ankle, knee, hip and back pain. There is no other orthotic like this on the market today.

### 3) Are the Air Orthotics hard and stiff like custom orthotics?

No, DR-HO'S Air Orthotics provide strong but cushiony support. The strong support of the Air Orthotics helps promote proper body alignment, while the cushion of the "air" helps reduce shock to the body.

### 4) What side of the Air Orthotics should I use?

DR-HO'S Air Orthotics has two sides. One side is smooth, while the other side contains the 110 air pumps that stimulate important pressure points. The Air Orthotics can be placed into your shoes with either side facing up, based on your personal preference. Most people prefer the smooth side against the base of the foot. But try flipping them over for a soothing reflexology massage.



**Toll Free: 1-877-374-6669**  
**[www.DrHoNow.com](http://www.DrHoNow.com)**